You and your food

The Superiority of Club Aluminum

CLUB ALUMINUM Cooking Utensils are the outgrowth of years of experimenting by experts who know the problems of the Housekeeper.

They are designed and constructed to SAVE not only TIME, FUEL, WORK and WORRY, but above all *to save the essential life-giving elements* provided by nature in vegetables, fruits and meats.

Club Aluminum equipments do not include innumerable items; they are made up of only such pieces as are required to make a complete, ideal group.

The difference between "Club" Aluminum and cheaper Aluminum may not be obvious to the eye but THERE IS A REAL DIFFERENCE—just as there is a REAL difference between Platinum and White Gold. Club Aluminum represents THE BEST in material, design and workmanship. ALWAYS LOOK FOR THE CLUB ALUMINUM TRADE-MARK—NONE IS GENUINE WITHOUT IT.

Club Aluminum construction assures uniformity in cooking. Bottoms, sides and covers are all made of just the right thickness to give complete radiation within. Process-hardened Club Aluminum utensils not only hold their shape, but they also hold the heat, as covers are close-fitting, and heavy enough to confine moisture, MAKING IT POSSIBLE TO COOK WITHOUT WATER.

Club Aluminum utensils are most sanitary and easy to keep clean because they are molded in one piece without rolled edges, rivets, seams or crevices in which parts of food or grease can collect and decompose.

Club Aluminum Is Not Sold in Stores

Club Aluminum Equipment can be purchased ONLY in your home through authorized direct representatives of the company—we sell direct—not through stores—because, in this way, we can give better service.

CLUB SERVICE IS FREE, ADEQUATE AND PERMANENT.

22502906488

COPYRIGHT 1928 CLUB ALUMINUM

The New Gospel of Economy in the Kitchen

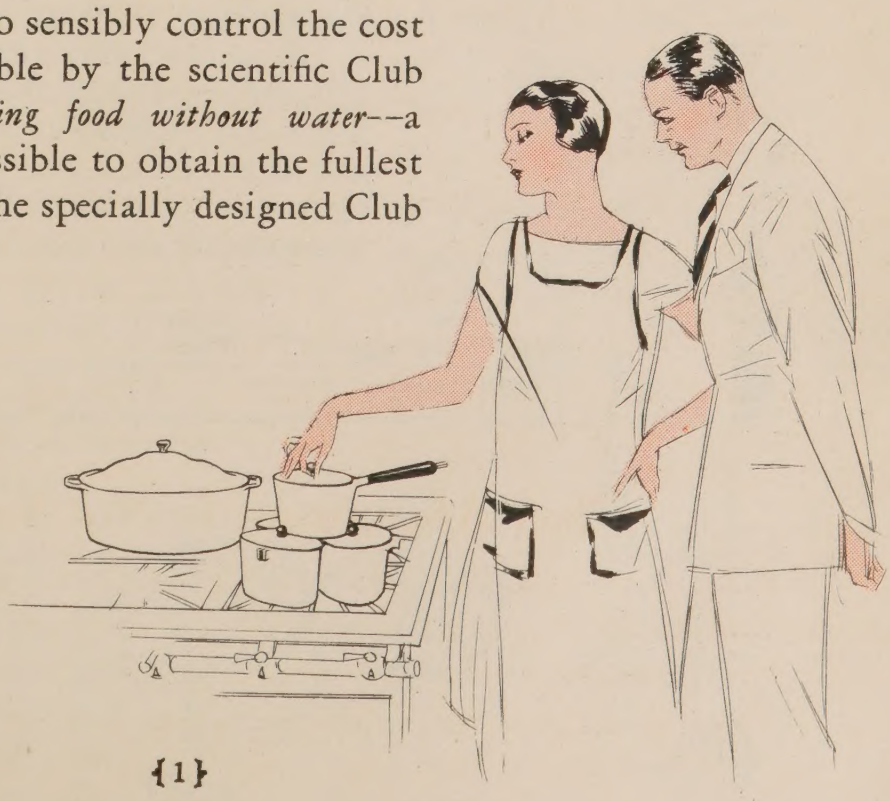
A PRACTICAL gospel of kitchen economy—*a way to reduce the cost of living and to live better*—has brought great savings in dollars and cents to more than a million American homes. Women now have it in their power to put a stop to much of the cost of cooking food, to end the waste and discomfort which ordinarily is considered as inevitably associated with preparing meals.

The plan which is called the Club Aluminum method of preparing food, *without the use of water*, has the enthusiastic endorsement of authorities on household science throughout the land. *It reduces gas bills, almost eliminates the cost of fats used for cooking, ends the cost of replacing cooking utensils and lowers the cost of food itself.*

The Saving is Easily Proven

Saving, generally, is not a simple matter. Emergencies frequently cut into reserves you may build up. But we offer you the opportunity to save without effort—*to live well and at the same time get more good from the food you buy*, improve the flavor of every dish you serve, prepare your meals with less work, keep your kitchen cool and end the odors of cooking.

The saving is so obvious that it will not be overlooked by those who want to sensibly control the cost of living. It is made possible by the scientific Club Aluminum method of *cooking food without water*—a method from which it is possible to obtain the fullest benefits through the use of the specially designed Club Aluminum utensils.



Your husband will marvel at the unusual beauty and efficiency of the famous "Club" French Roaster and four piece unit

WELL... LIBRARY
General Collection
P
9546

Count the Cost

CHIEFLY, the cost of meals consists of (1) the cost of food (2) the cost of fuel used for cooking (3) the cost of providing utensils to replace those which become antiquated in service (4) the cost of fats such as butter and lard used in cooking.

To these four principal items might be added the cost of food sometimes burned in cooking with ordinary utensils, and the cost of needless time spent in the kitchen.

Because the originators of the Club Aluminum method of cooking—the founders of the Club Aluminum Company, who still are its guiding spirits—knew the science of food, they were able to find a simple and direct way to reduce or eliminate these items which enter into the cost of meals.

$2.95
Saved Monthly on Gas Alone

Club Aluminum does everything that is claimed for it.

I have cut my gas bill down from $4.50 to $1.65 and I find it be a food saver and most of all a health preserver. My husband has stomach trouble but is getting better. He eats everything he wants now with very little suffering and I thank your man for bringing Club Aluminum to me.

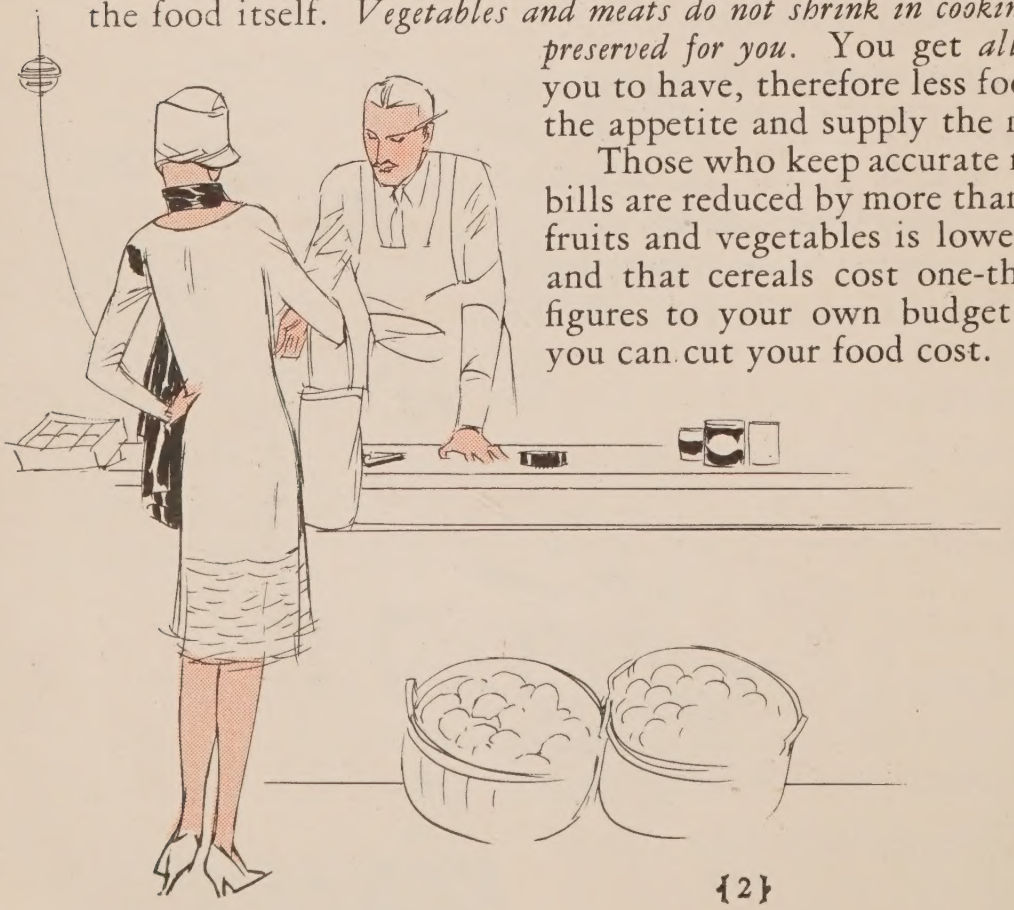
MRS. HARRY MAPLE,
Philadelphia, Pa.

These men knew that food is composed, chiefly, of carbohydrates, proteins, fats, minerals, salts and vitamins—the elements which give to food its only value—the ability to build the brain and body.

When the surplus water needed in ordinary cooking is drained off, the *value* of food is largely lost. Dr. Bundesen, for many years Chicago's famous Health Commissioner says, "Of every dollar's worth of food cooked the old way, 80% goes down the drain pipe."

Cut the Cost of Food

The Club Aluminum method of cooking was perfected to end needless waste *—to keep the good of food in the food itself*—so that men and women may enjoy better health and satisfy the natural appetite for food with less in volume of the food itself. *Vegetables and meats do not shrink in cooking and their food value is preserved for you.* You get *all* that Nature intended you to have, therefore less food is required to satisfy the appetite and supply the needs of the system.



Those who keep accurate records tell us that meat bills are reduced by more than 25%—that the cost of fruits and vegetables is lowered by more than 30% and that cereals cost one-third less. Apply these figures to your own budget and you will see how you can cut your food cost.

When the food-saving Club Aluminum method of cooking was first conceived, there were no utensils which could be successfully used. So, to bring practical reality out of an ideal, the originators of the new idea of cooking without water developed what are now

known everywhere as *Club Aluminum Utensils.*

These utensils are made of thick, cast, virgin aluminum which is process-hardened. The metal, the method of casting it, the thickness of the metal, the shape of the utensils and their finish have all been engineered so that the finished utensil *radiates heat, inward, toward the food, almost instantly.*

As these Club Aluminum Utensils provide a solid, even, cooking heat *without the use of water,* they save the cost of fuel required to boil water used for cooking in other utensils.

To carry fuel economy still further, the Club Aluminum Company developed special utensils and special methods of using them—the four-piece unit, for example, which quickly cooks four things *over one burner turned low;* a roaster which laughs at the folly of heating a huge oven and its flues to cook meat, fowl or fish; a coffee pot which requires no heat under it; equipment for baking delicious bread, cakes and pies on top of the stove, *over one small burner;* sauce pans which cook food in less time with one-third the gas; and fry pans just as efficient.

As a result of these features Club Aluminum Utensils and Club Aluminum methods reduce tremendously the cost of fuel required to cook the old way. The average saving *from this source alone* is over $12.00 a year. *Is it wise to continue to pay for fuel which you do not need?*

Great Reduction in Food Costs

We have thoroughly tested Club Aluminum Ware and find this method of cooking preserves the food values otherwise lost by our old method of cooking. It eliminates boiling in water and cooking in grease.

Monthly savings far exceed expectations.

POTATOES—4½ bushels or $9.00; Other Vegetables about ⅓. COFFEE—7½ lbs. or $3.00 wholesale. CEREALS—⅓. The above are served once a day.

MRS. EDITH CORR, Matron
MARTHA L. BURR, R. M.
MRS. ANNA SAUNDERS, Cook

Save the Cost of Replacing Utensils

"Club" utensils are so sturdy they require no replacement, saving at least $7.50 a year—the amount the average family spends to replace antiquated or worn out utensils.

Lower Cost of Frying Fats

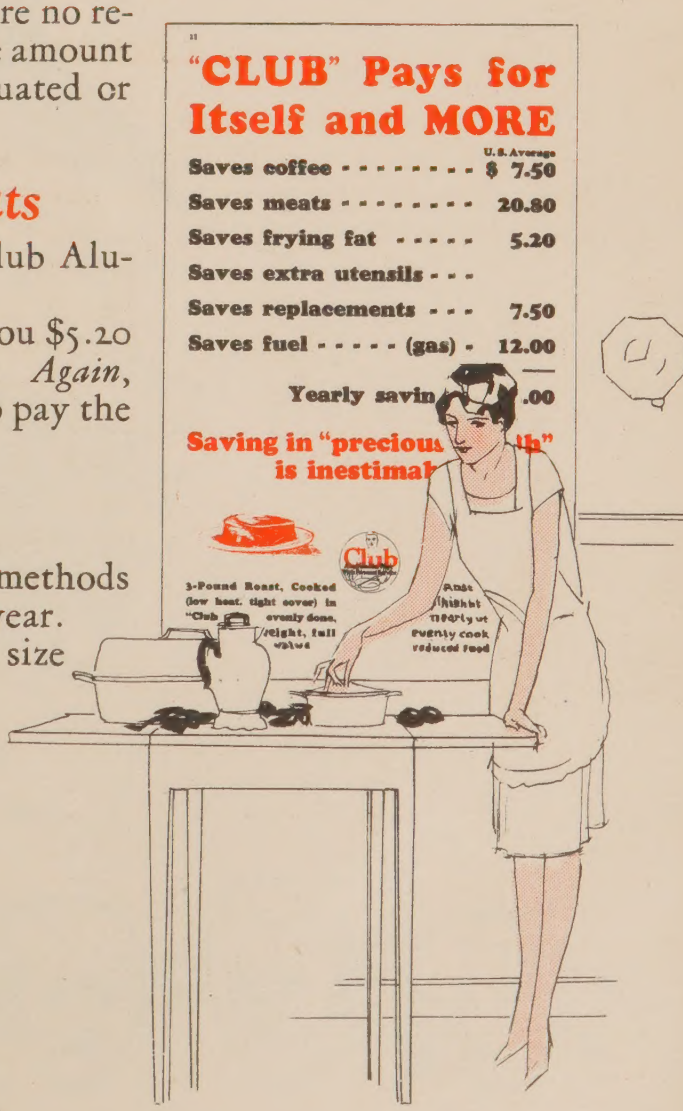
Waffles and pancakes are baked upon Club Aluminum Utensils *without any grease at all.*

Club Aluminum Equipment will save you $5.20 a year in the cost of fats used in cooking. *Again, will you continue to waste this money*—and also pay the penalty of having a "smoky" kitchen?

Save $53.00 a Year

Club Aluminum equipment and "Club" methods save the average family over $53.00 each year. "Club" Customers with families of average size tell us that they save $5.00 or more a month.

This very real—and very important economy is shown in the Club Aluminum Health lecture-demonstration chart reproduced on this page. In this chart are recorded only those savings which are universal. The economy of lower vegetable costs, reduced housekeeping expense, the saving of time and so on, are *in addition* to this chart.


"CLUB" Pays for Itself and MORE
U. S. Average
Saves coffee - - - - - - - - $ 7.50
Saves meats - - - - - - - - 20.80
Saves frying fat - - - - - 5.20
Saves extra utensils - - -
Saves replacements - - - 7.50
Saves fuel - - - - - (gas) - 12.00
Yearly savin .00
Saving in "precious
is inestimab
Club

An Investment Which Pays Perpetual Dividends

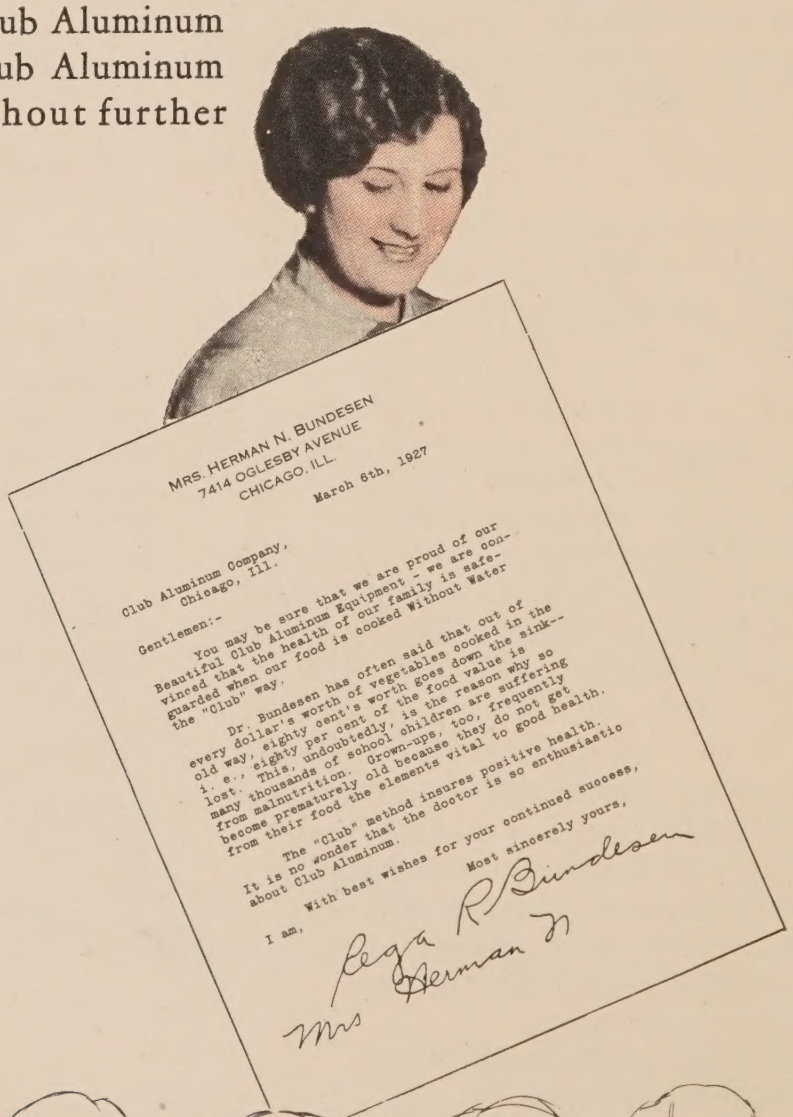
CLUB ALUMINUM EQUIPMENT is not to be compared with other kitchen utensils. Their purchase is not an expense because they do not have to be renewed and there is no "up-keep." Club Aluminum Utensils bring better health—through food properly prepared—and actually save enough money to pay for themselves. Long after their purchase price has been "written off" they continue to pay the same handsome dividends to you. If you were offered any other investment which would pay you *at least* 25% interest a year you would not hesitate. You should decide now and enjoy the benefit of Club Aluminum methods and Club Aluminum Equipment without further delay.

Great Savers of Gas, Time and Labor

I have been using your "Club Aluminum Ware" cooking utensils for the past few months.

They are great *time savers, gas savers and labor savers.* I feel that the people in Brooklyn and Long Island will be very eager to purchase them when they know of their wonderful qualities.

MRS. ALICE HUTCHINSON,
Brooklyn, N. Y.



MRS. HERMAN N. BUNDESEN
7414 OGLESBY AVENUE
CHICAGO, ILL.

March 6th, 1927

Club Aluminum Company,
Chicago, Ill.

Gentlemen:-

You may be sure that we are proud of our Beautiful Club Aluminum Equipment - we are convinced that the health of our family is safeguarded when our food is cooked Without Water the "Club" way.

Dr. Bundesen has often said that out of every dollar's worth of vegetables cooked in the old way, eighty cent's worth goes down the sink-- i. e., eighty per cent of the food value is lost. This, undoubtedly, is the reason why so many thousands of school children are suffering from malnutrition. Grown-ups, too, frequently become prematurely old because they do not get from their food the elements vital to good health.

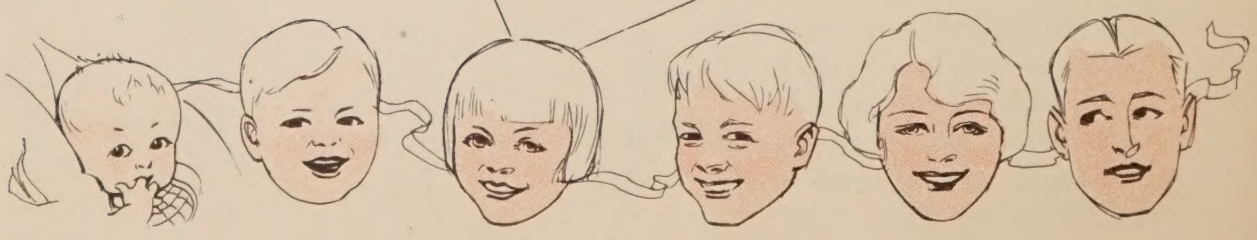
The "Club" method insures positive health. It is no wonder that the doctor is so enthusiastic about Club Aluminum.

With best wishes for your continued success,

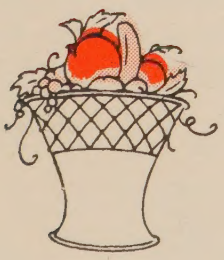
Most sincerely yours,

Mrs Herman N Bundesen

I am,



You are the Product of Your Food



Food is the key to health

"America is neither ruled nor controlled by divine right— or by class. New leaders come from the mass—driven onward by energy and power which conditions cannot defeat."

Success comes to those who go after it. Conquest calls for energy—and energy comes from proper food, properly prepared. This is just another way of saying *"What you eat today, walks around and talks tomorrow."*

It is not *how much* you eat that counts, but it is necessary to have your food *properly* prepared—prepared so that it loses none of its vital elements. And today with Club Aluminum Utensils and Club Aluminum methods, it is actually easier to keep the life-giving powers *in* food, than it is to "cook them out." In other words, with Club Aluminum Ware, it now takes less time, requires less fuel, and costs less to prepare the kind of food you ought to have.

"Neither nature nor knowledge can produce perfect health— without the foundation of proper food, correctly prepared."

Men like Dr. McCollum of Johns-Hopkins (University) Hospital, Dr. Lane of London, England, and authorities from hospitals, colleges, laboratories and health institutions, agree with this quotation.

Today we have the highest standards of living in the history of the world. We have money, comfort, amusement and freedom. But we are just beginning to realize that we do not live long enough to fully enjoy these things. Our average span of life is now nine years longer than it was a hundred years ago. But listen to the words of Chicago's famous Health Commissioner—Dr. Bundesen. *"If one ate the proper food—properly prepared—there is no reason why he might not live one hundred years."* That is a goal worth fighting for.

Co-operation in a Great Cause

The Club Aluminum Company pledges its full support to the great cause of health betterment. We shall not limit our effort to bring to you knowledge and understanding of the foundation of health.

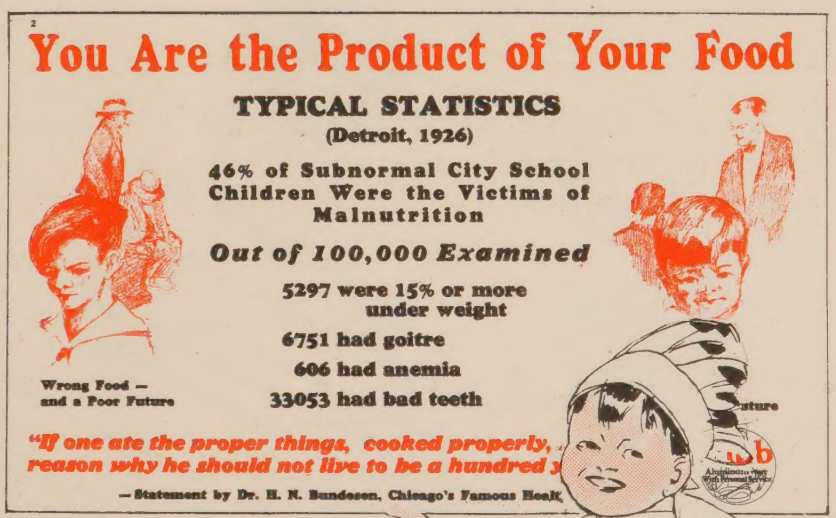
More than a thousand Club Aluminum trained men are lecturing every week to those who prepare our food—giving talks which carry practical, useful, everyday helps. It is our privilege to give this service—and yours to *use the information for your benefit and for the good of your family.*

You Are the Product of Your Food

WHEN we come into this world we are all just a few pounds of flesh and bone. Is our development entirely a mystery?

Authorities for years have been adding tremendously to our knowledge of food and now tell us with great exactness the part which various kinds of food play in our lives.

These men of science assure us that we are truly the product of our food. Every ounce of what we are is the result of what we eat—some foods contribute to the brain, others contribute to enriching the blood and others to building muscles, bone and flesh. Therefore, our food—and its preparation—is the key to the gateway of our dreams and the answer to many of life's riddles.


You Are the Product of Your Food
TYPICAL STATISTICS
(Detroit, 1926)
46% of Subnormal City School Children Were the Victims of Malnutrition
Out of 100,000 Examined
5297 were 15% or more under weight
6751 had goitre
606 had anemia
33053 had bad teeth
Wrong Food — and a Poor Future
"If one ate the proper things, cooked properly,
— Statement by Dr. H. N. Bundesen, Chicago's Famous Healt

A Startling Warning

Dr. E. V. McCollum of Johns-Hopkins (University) Hospital, says on page No. 369 of the 2nd Edition of "Newer Knowledge of Nutrition":—

"Health is almost always undermined by slow and unseen causes acting for a long time; rather than by the sudden exposure to disease, or the accidental breaking out of symptoms. It now seems certain that the most important of these causes is improper diet. Unless we eat food, properly prepared, we suffer from inferior physical development, nervous instability, lack of endurance, lack of resistance to infection, particularly to such infections as tuberculosis and other types difficult to resist."

Guard the Children

Mothers: Read This

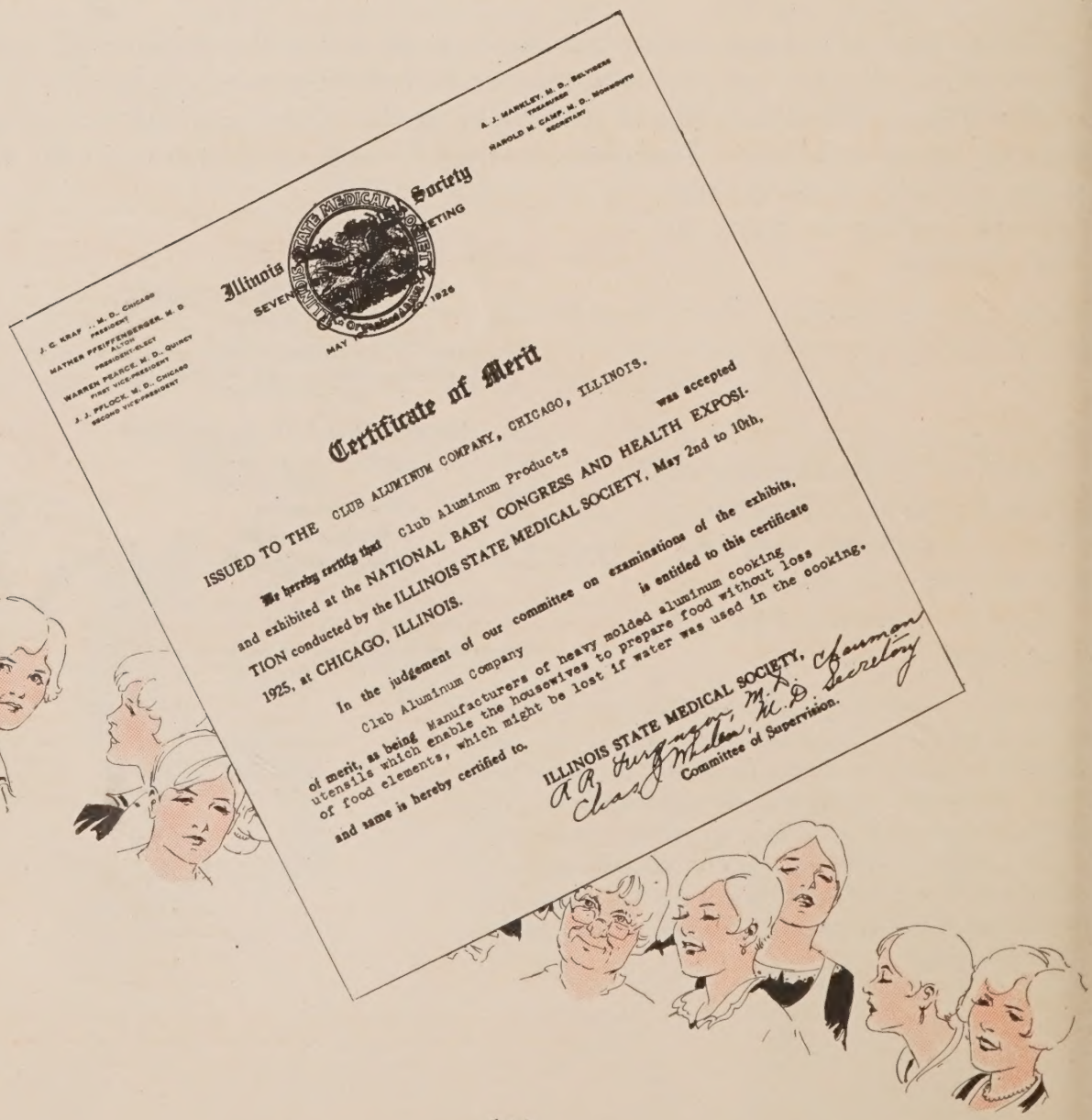
I am sure that if the mothers would only stop to realize what they could do for the health of their children by maintaining all the vital elements of the foods, they would be willing to sacrifice some of their pleasures in order to put a set of Club Aluminum in their kitchens. This is the only method by which foods can be cooked on an open burner without water, and we all know that when water is used the mineral salts are drained off with the remaining water into the sink.

MARGARET A. MINTON,
Head of Home Economics Department,
Fond du Lac High School.

ARE you aware of the actual results of malnutrition? Statistics are available and, in Detroit—an average city—we find that 46% of subnormal children were the victims of faulty feeding. Undoubtedly most of the 46% would have been normal if properly fed. Certainly *most* of them would have been free from disease and *all* of them would have greatly benefited *if they had been fed as they should have been.*

Unfortunately, children are compelled to suffer because they do not know—and we, too often, do not save them by acting on our knowledge.

For our crusade in behalf of the children—and for those who are mature—we have the facts about the value of food and we have Club Aluminum kitchen equipment in which to prepare it as science tells us it should be cooked.


Illinois State Medical Society
Certificate of Merit
ISSUED TO THE CLUB ALUMINUM COMPANY, CHICAGO, ILLINOIS.
Be it hereby certified that Club Aluminum Products was accepted and exhibited at the NATIONAL BABY CONGRESS AND HEALTH EXPOSITION conducted by the ILLINOIS STATE MEDICAL SOCIETY, May 2nd to 10th, 1925, at CHICAGO, ILLINOIS.
In the judgement of our committee on examinations of the exhibits, Club Aluminum Company is entitled to this certificate of merit, as being Manufacturers of heavy molded aluminum cooking utensils which enable the housewives to prepare food without loss of food elements, which might be lost if water was used in the cooking.
and same is hereby certified to.
ILLINOIS STATE MEDICAL SOCIETY,
Committee on Supervision.

What is Food?

It is first necessary to understand what food is—the penalties we suffer when brain and body are not fed the elements they need and the benefits we may expect from proper food, properly prepared.

Butterworth Hospital
Grand Rapids, Mich.

The Club Aluminum we purchased for Butterworth Hospital last year has proved satisfactory in every way.

There is no question that the principles of cookery emphasized by Club Aluminum have sound scientific value; the retaining in the food of its valuable vitamine and mineral salt content is a feature that makes evident its worth to every dietitian. The heat retaining power of this equipment is a great asset and has aided materially in reducing the amount of cooking gas used in our diet kitchen.

I am sure that Club Aluminum has an indispensable place in the institution as well as the home and the points of merit that have been proven so unquestionably there apply to us as well.

Yours very truly,
MARY A. HARMAN, Chief Dietitian.

On chart three below, we show the first two of the five essentials of food. Proteins, from foods listed in the first column, contain nitrogen, carbon, hydrogen and oxygen. Living tissues of the body are composed principally of proteins and by their addition you are enabled to grow. Proteins must be cooked properly to be digestible.

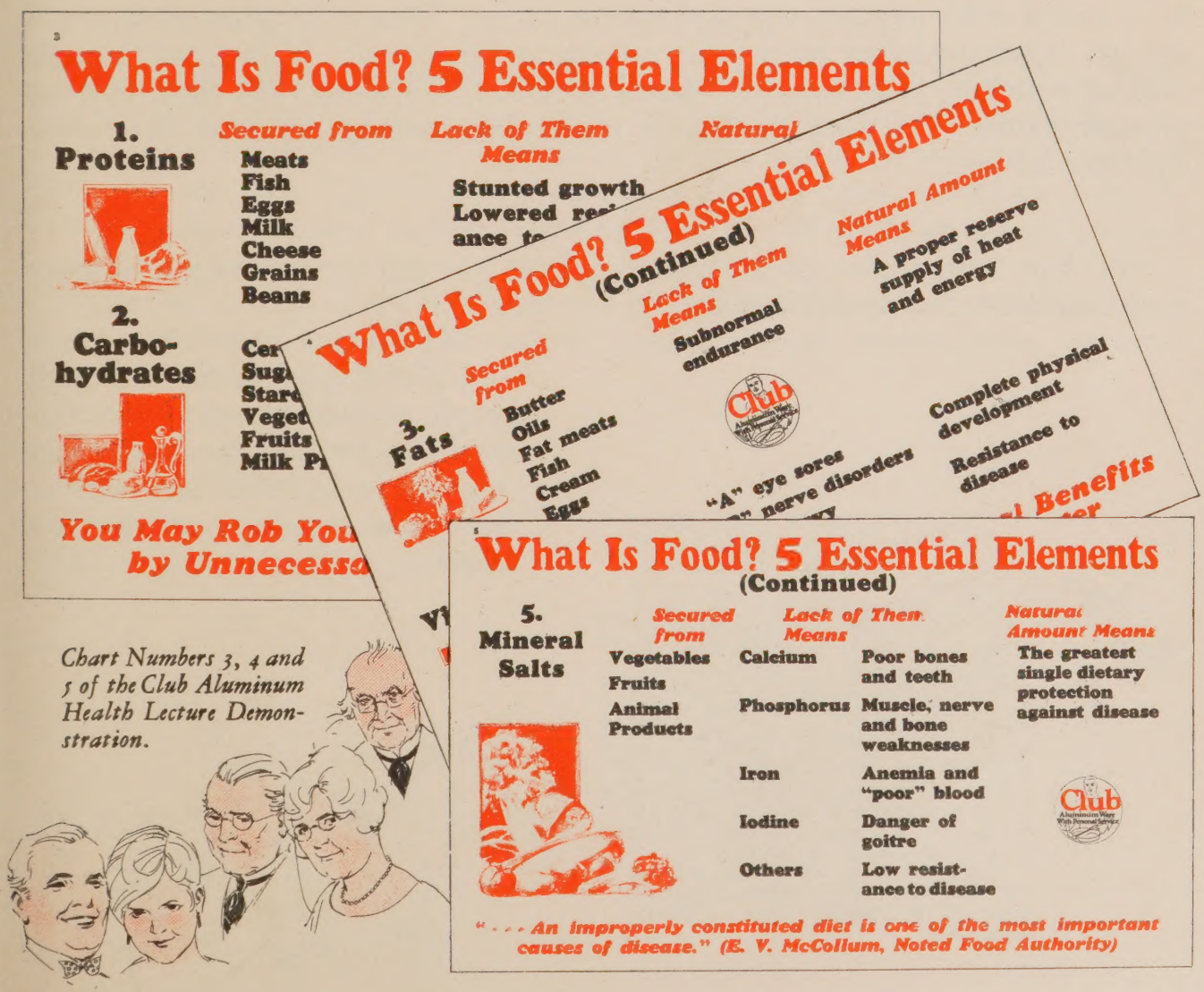


Chart Numbers 3, 4 and 5 of the Club Aluminum Health Lecture Demonstration.

The Source of Energy

FROM carbohydrates—in the form of starches and sugars—the human body derives most of its heat and energy. This element of food is secured largely from the sources indicated on chart three. Cooking increases its digestibility and flavor. When digested, carbohydrates are changed from starch to some form of sugar and this is carried by the blood to all parts of the body. It is united with oxygen, supplied by the lungs. Thus it supplies its heat and energy. Carbohydrates are quickly soluble in hot water. In fact, when foods such as potatoes, peas, etc., are cooked in water, the water robs them of their greatest value. The Club Aluminum method of cooking preserves the carbohydrates for you.

Fats and Vitamins

On chart four, shown on the preceding page, we find the second pair of great food elements—Fats and Vitamins.

We do not require a great "bulk" of fatty food, although people who do excessive muscular work require more fat than others—because it is from fat we derive our *reserve* supply of energy and heat.

One of the foremost medical publications in America says substantially as follows: "It has been discovered from the feeding of animals on unbalanced rations that the greatest single cause of disease is improper diet. An inadequate supply of some of the vital elements of food causes the lowering of bodily resistance to the point where disease germs find entrance easy. The poorly fed—in both animals and humans—are most likely to die of disease. Tuberculosis is greatly aided in its advancement by lime shortage in the diet. Pellagra is similarly caused by lack of dietary protection.

"May it not be found that most of our health problems simmer down to a question of proper food, properly prepared?"

Defense Against Disease

There is no more interesting subject in the study of nutrition than the substances called "Vitamins." No one has yet been able to isolate one, or say of what it is composed. But their action on human beings is completely understood.

Vitamins have been classified as "A," "B," "C," and "D."

Vitamin "A" is found in milk, in fat meats and similar food. Its absence in regular diet—if it is destroyed in cooking—results in a very serious disease of the eyes.

Vitamin "B" is what is called anti-neuritic. Its absence from the diet causes various disorders in the nervous system, stops growth and interferes with development. Vitamin "B" is found in fresh, green foods, in milk and in cereal grains. It is especially important for growing children. It is soluble in water. It can be destroyed by cooking in water.

Vitamin "C" is also soluble in water and with Vitamin "D" it is found in a wide variety of foods. Vitamin "C" prevents scurvy.

Vitamin "D" is one of the most important in the food. Even in America thousand of children are deformed and stunted by the disease known as Rickets —and Rickets is caused by the absence of Vitamin "D."

Do not forget that *Vitamins are soluble in water*—that if you cook food in water, you rob your meals of one of their most valuable properties and run the risk of lowering your resistance to disease. Do not desroy vitamins by antiquated cooking methods.

The Value of Mineral Salts

We all need mineral salts—see chart five, page nine. Every organ of the body requires them in some form—iron, lime, phosphorous, potash, or magnesium.

One health authority says: "*What do vegetables contain to make them so important? Mineral salts. By old methods of cooking in water, these are poured down the sink. Your health is most precious. You cannot buy it. Minerals are things you must have.*"

Appetite warns you when you do not get enough proteins or carbohydrates, but it cannot warn you that you are not getting enough mineral salts. Mineral salts do not *bulk* large enough to be noticed by appetite. Only when disease comes do we know of their loss. Make sure of their presence in your food and avoid the grave penalty of their absence.

Preserves Foods Vital Elements

In giving green vegetables to children we are concerned principally with the salts and the vitamines.

Cooking the Club Aluminum way preserves the salts and the vitamines.

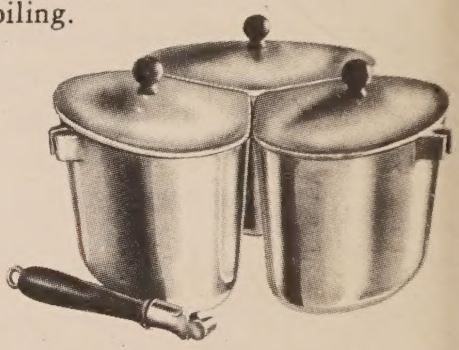
In addition to this there is the added benefit that children who do not like green vegetables frequently take them readily when cooked in their own juices while children who already enjoy vegetables, seem to take an added interest when cooked the Club Aluminum way.

I think that the points which I just mentioned in favor of Club Aluminum Ware are of very definite importance.

JOHN C. BALDWIN, M. D.
Baltimore, Md.

Representative Pieces of
Club Aluminum Equipment

Coffee pot and electric waffle mold: Use no grease on the waffle mold. Make delightful waffles at the table—without smoke. Club Aluminum coffee pot makes healthful, invigorating coffee without boiling.



The Famous Club Triplicate Cook three foods over one low flame.

Sauce-pans: Provided in all sizes for the cooking of food without water.

Tea kettle and double fry-pan: The double fry-pan is one of the most useful pieces of equipment which you can place in your home.

Every Club Aluminum Utensil is sold with personal service.

Cook Without Water

You have seen how cooking without water preserves the value of food—and lowers the cost of cooking. By bringing before you a summary of the waste of cooking with water—*and the damage done to food by the uneven heat obtained with ordinary utensils*—Chart No. 6 of the Club Aluminum Health Lecture-Demonstration emphasizes both of these points.

Value of Even Heat

Of course, when you cook without water, the food within the utensil must be heated evenly from top to bottom. Here you find one of the most valuable features of Club Aluminum Ware—the ability of "Club" utensils to transmit ideal cooking heat, *evenly*, from top to bottom.

The Detroit Testing Laboratories—one of a number of National scientific organizations which have approved the efficiency of Club Aluminum—found, in repeated tests, that there was not more than six degrees difference between the heat at the top of a "Club" utensil and the heat at its bottom. The Detroit Testing Laboratories also state that other utensils tested, under the same condition, burned food at the bottom and did not provide enough heat to cook the food at the top of the pan.

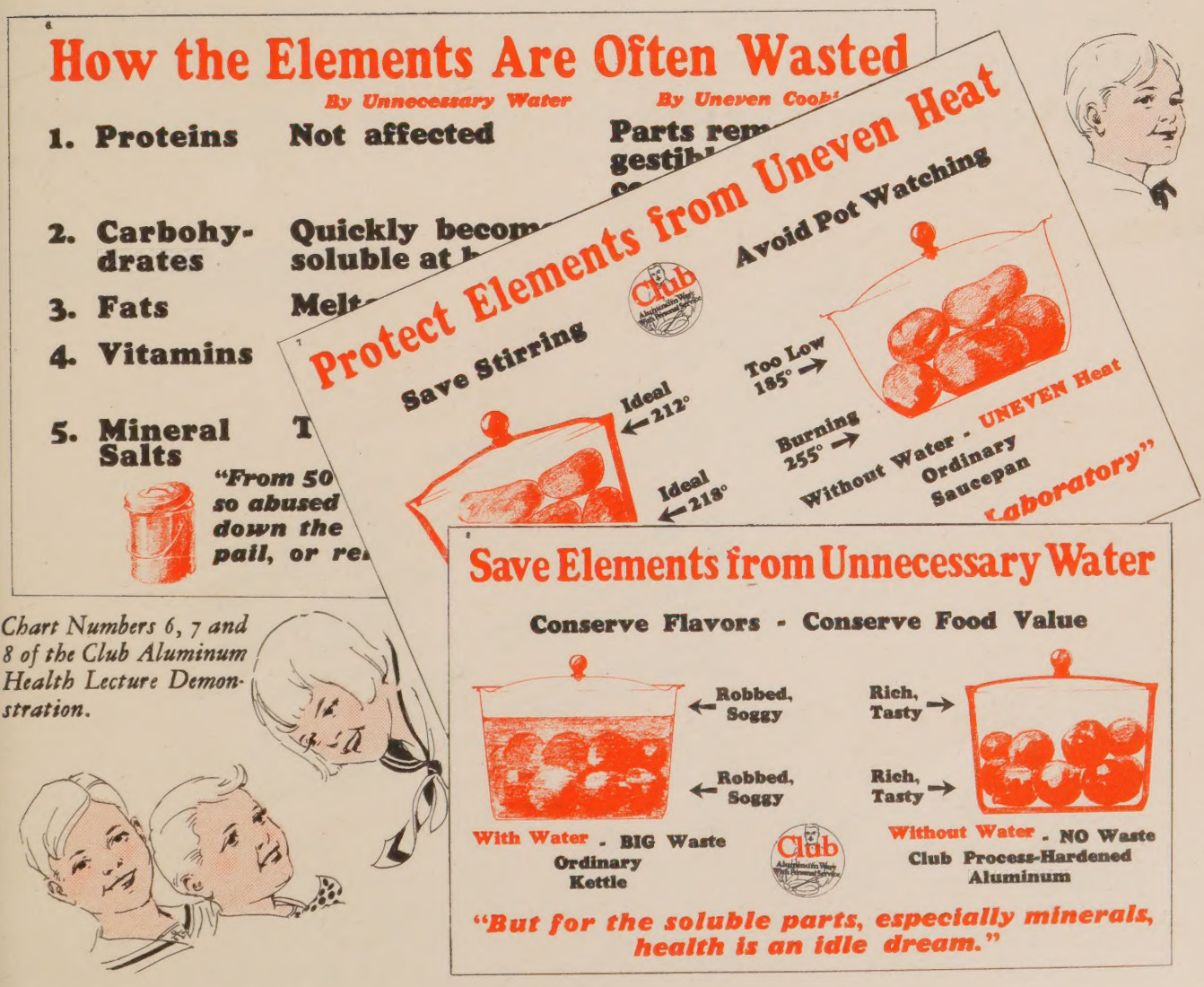


Chart Numbers 6, 7 and 8 of the Club Aluminum Health Lecture Demonstration.

Cook in Natural Moisture

Nature has, in fact, supplied fresh fruits, vegetables and meats with an abundance of moisture. To add to this is but to rob fresh food of its flavor and of much of its health giving value. This is an unnecessary and wasteful sacrifice. Club Aluminum methods and utensils make it possible to take full advantage of the natural moisture in food when cooking it.

Each Utensil is a Masterpiece

Club Aluminum Ware is made of thick, die-cast, process-hardened, virgin aluminum. The thickness of bottom, top and sides are carefully calculated.

Each utensil is so designed as to pick up heat most easily and to pass this heat evenly to every part of its contents.

The interior of each Club Aluminum utensil is then left unpolished. The outside—except the bottom—is highly polished as the final step necessary to heat where it is needed, and to conserve fuel.

Perfect fitting covers are heavy enough to confine the moisture of the food being cooked. This is one of the secrets of Club Aluminum construction which makes it possible to cook perfectly without water.

These special features make possible some very startling results. Most important is the fact that it is easy to cook all fresh vegetables and fruits without water, without burning, with less gas and with perfect preservation of the precious, vital elements of food.

From top to bottom, each Club Aluminum Utensil is a masterpiece of efficiency.

Mechanical Reasons for Club Superiority
Club
1. Strong, Cool Handles
2. Thick, Tight Covers
3. No Rolled Edges
4. No Rivets
5. Thick Walls
6. Highly Polished Heat-Retaining Outer Surface
7. Unpolished Heat-Giving Inner Surface
8. Thick, Heat-Distributing Bottom
9. Food Acids Have No Harmful Effects
10. Over 10 Times the Strength of Ordinary Utensils
11. Process Hardened
12. Virgin Aluminum
13. More of It
14. Easy to Keep Clean
Endorsed by Leading Authorities

Chart Nine of the Club Aluminum Health Lecture Demonstration

Club Aluminum Utensils Last for Years

Virgin aluminum—scientifically made into thick utensils process-hardened—is bound to result in ware which will last for years. If you do your part—care for these beautiful pieces of kitchen equipment and use them according to the instructions—Club Aluminum Utensils will last you indefinitely. No limit can be placed upon the time which they will serve you. You will *always* have perfect utensils ready for use.

Endorsed by Food Authorities

What has been said of the economy which accompanies the use of Club Aluminum Utensils—*the finer flavor of foods and the greater health which comes from following the Club Aluminum method of cooking*—is borne out by the happy experience of women throughout the land. And recognized authorities have found the benefits of cooking with "Club" to be so great that they give the utensils and the method of using them their unsolicited endorsement.

Control Your Family's Fate

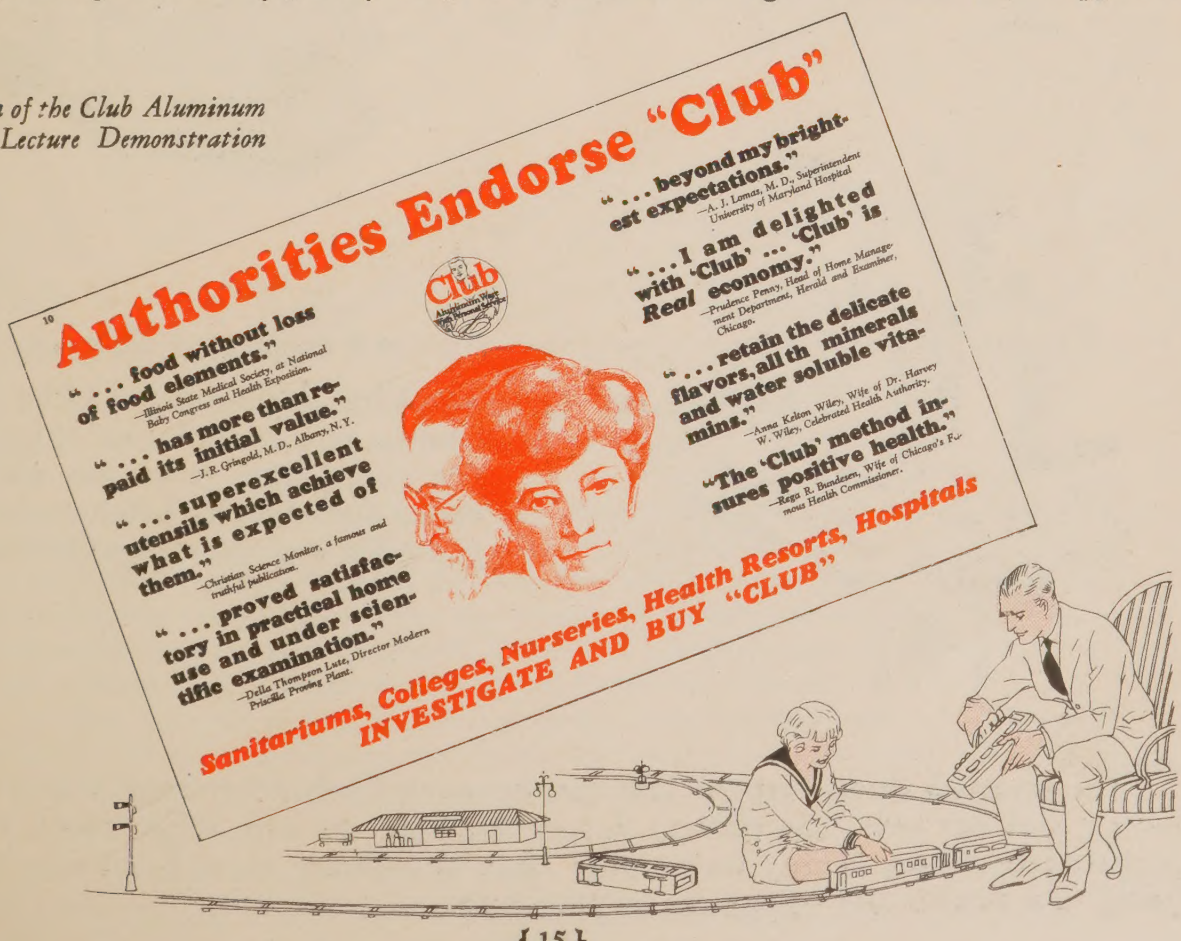
Every housekeeper is the master of her family's fate. She determines what the future holds for herself and for each of them.

There is no potentiality like that of a child, no influence so great on the development of its mind and body as food.

You can depend upon Club Aluminum Utensils doing all that we have told you they will do. Explicit directions for their use will be given to you when you receive the equipment which you select.

Study the needs of your family, buy the right foods, cook them the right way, serve them in all the fullness of their natural flavor and goodness, and *secure for every member of your family their inalienable right to health and happiness.*

Chart ten of the Club Aluminum Health Lecture Demonstration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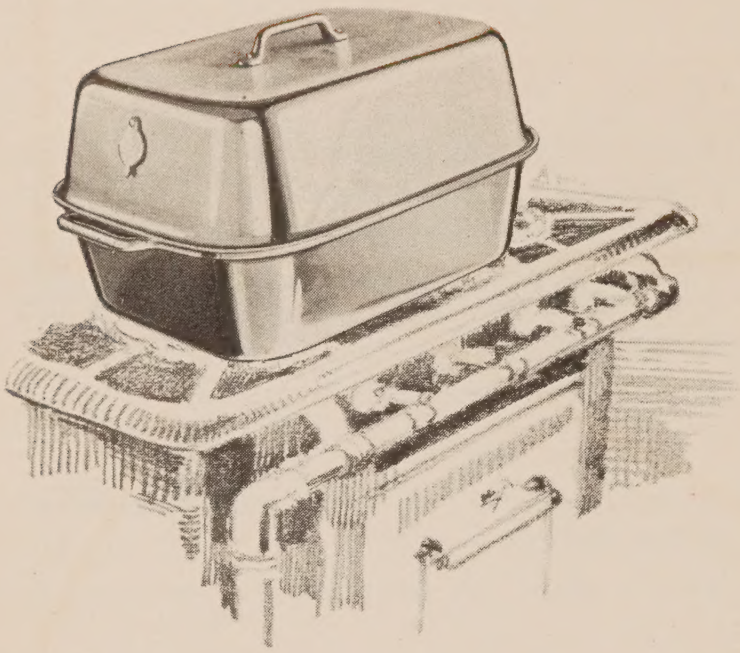
Authorities Endorse "Club"
"... food without loss of food elements."
—Illinois State Medical Society, at National Baby Congress and Health Exposition.
"... has more than repaid its initial value."
—J. R. Gringold, M. D., Albany, N. Y.
"... superexcellent utensils which achieve what is expected of them."
—Christian Science Monitor, a famous and truthful publication.
"... proved satisfactory in practical home use and under scientific examination."
—Della Thompson Lutz, Director Modern Priscilla Proving Plant.
Club
"... beyond my brightest expectations."
—A. J. Lomas, M. D., Superintendent University of Maryland Hospital
"... I am delighted with 'Club' ... 'Club' is Real economy."
—Prudence Penny, Head of Home Management Department, Herald and Examiner, Chicago.
"... retain the delicate flavors, all th minerals and water soluble vitamins."
—Anna Kelton Wiley, Wife of Dr. Harvey W. Wiley, Celebrated Health Authority.
"The 'Club' method insures positive health."
—Rose R. Bendesen, Wife of Chicago's Former Health Commissioner.
Sanitariums, Colleges, Nurseries, Health Resorts, Hospitals
INVESTIGATE AND BUY "CLUB"

Startling Possibilities with
Club Aluminum Equipment

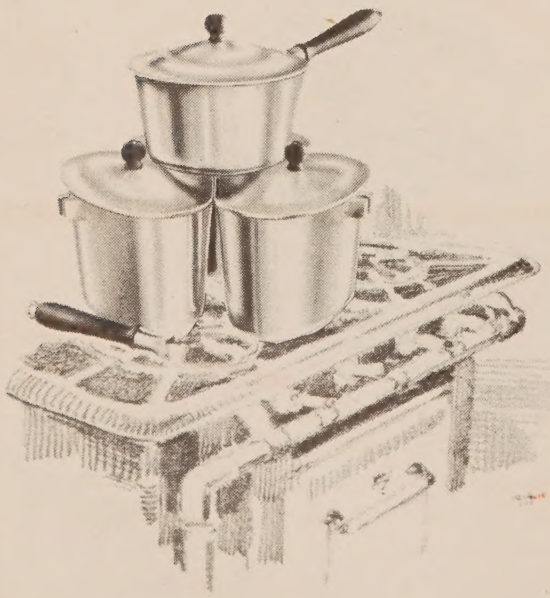


Roasts on Top of the Stove

The Club Aluminum Roaster cooks meats perfectly on top of the stove—*over one burner, turned low.* Meats don't shrink. Meats are more tender. Kitchen is cooler. Costs are reduced.

Bake Waffles Without Grease

You do not use grease of any kind upon the Club Aluminum Griddle —no smoke, no smell, *no indigestion.*



4 Foods on 1 Burner

The Club Aluminum 4 piece unit enables you to cook four things at the same time—*over one burner, turned low.* Cooler kitchen, lower gas bills and better foods result.

The unusual things which you can do with Club Aluminum Utensils—the money you can save; the cooler, cleaner kitchen; the ease with which you can prepare meals—are highly important. *But, in addition,* these handsome utensils bring new health and happiness to your home.

Mrs. Anna Kelton Wiley is the wife of Doctor Harvey W. Wiley—one of the authors of the Federal Pure Food Act.

GENTLEMEN:

The Club Aluminum method of preparing foods by utilizing the water they naturally contain was shown to be entirely satisfactory with fruits, vegetables and fresh meat.

By this method of cooking without the addition of water to the vegetables and meat it will be possible to retain the delicate flavors, all the minerals and the water soluble vitamins which are lost when the excess of water usually added is thrown away.

It will be a great comfort to know that the members of the family are receiving all the elements found in the different foods for the upbuilding of the body and for the proper functioning of the bodily organs.

Very truly yours,

ANNA KELTON WILEY.
(MRS. HARVEY WILEY.)

It takes less time and energy than old fashioned methods

GENTLEMEN:

I am delighted with "Club Aluminum." The ware itself is especially beautiful and enduring. The covers fit snugly, holding the natural moisture and aroma of the food. "Club" cooks food *gently*. Everything tastes very full-flavored and delicious. The valuable vitamins and minerals are now *saved* and food is truly nutritive and health-building.

I find that shrinkage of food is ended with "Club." And I never fail to get a feeling of satisfaction when I cook an entire meal over *one* gas burner, turned low, saving at LEAST one-third of the gas I usually needed.

"Club" cooks food *evenly* and there are no odors of burning, smoking, sticking. The oven never is used, which helps keep the kitchen airy. I feel that "Club" has made an important place for itself in today's intelligent home management.

Faithfully yours,
PRUDENCE PENNY,
Home Management Dept.
Chicago Herald and Examiner.

Prudence Penny is one of Chicago's authorities.

THE BATTLE CREEK SANITARIUM
BATTLE CREEK, MICHIGAN

GENTLEMEN:

We have had the opportunity to use Club Aluminum in our Cooking School for some time, and it has proved satisfactory in every way. One of the outstanding features of Club Aluminum is that the flavor of vegetables cooked the "waterless" way is so superior to vegetables boiled in the old fashioned way, that it is very easy to persuade people to use vegetables more freely. Much more important than the improved flavor is the fact that the soluble mineral salts are retained, thus assisting in the prevention or cure of deficiency diseases.

Vegetables and fruits cooked in Club Aluminum retain their color and shape, and much fuel is saved. The utensils are attractive and easily cleaned, and we are very proud of them. With best wishes for your success, I am, yours very truly,

MARGARET ALLEN HALL,
Food Instructor.

Read What These Women Have to Say About Club Aluminum

Cooks Easily for 9 Children

I have been using $190.00 worth of Club Aluminum Ware since last Fall and feel that I should let you know how well pleased I am with the results.

The saving in gas is very noticeable and the trouble of cooking has been reduced.

Without Club Aluminum I would not be able to cook for 9 in family and still have time to devote to my household duties as I am past the three score years of alloted age.

The benefits derived from greater food value resulting from cooking in your method are manifested in the good health of my children.

ELLA WINISE,
Astoria, L. I., New York

Saves Doctors' Bills

I just feel I must express my appreciation of Club Aluminum which I have used for a year. I have never been in better health, and have not taken a drop of medicine since using Club Aluminum utensils. Food cooked the Club way improves health, saves doctor's bills, and also gas bills.

I have used about all kinds of aluminum before I found Club and now nothing but Club Aluminum appears in my kitchen.

Yours Very Sincerely,
MRS. WM. ROSE,
Illinois

A Great Economy

Gentlemen:

I purchased a "Club" Equipment and am glad to say I am very well pleased. I find each claim well founded in the savings of fuel, economy, time, preparation and no worry.

MRS. CHAS. K. HUMPHREVILLE,
New Phila., Ohio

Cuts Meat Bills in Half

Have used Club Aluminum for about ten months and each day reveals more of its merits.

"Club" is a great help to any woman because of its efficiency as well as its economy, because of the little gas it requires to cook with, and the great food value which is retained by using it.

Meat bills can be cut in half as meat cooked the "Club way" is always delicious, regardless of the cut. The cheaper cuts are as delicious as the most expensive ones.

I am greatly enthused over Club Aluminum and cannot say enough for it.

Respectfully,
MRS. HAZEN FOSTER,
Winnetka, Ill.

To Modernize Your Kitchen

I have now used Club Aluminum for over a year. My appreciation of such wonderful kitchen utensils is great.

Club Aluminum is just as important in a modern home as anything else that is modern or up-to-date. There are improvements in tools used in all fields of work today so why not modernize the kitchen, the place where the housewife does most of her work. Club Aluminum will do that very thing.

Catsup, apple butter or chili sauce can cook all day in Club Aluminum without being stirred; they will not burn.

My husband made the remark that he never knew how good potatoes could taste until he ate them cooked in Club Aluminum. All vegetables and meats are more palatable and more digestible.

I have not the space nor time to do justice to Club Aluminum. After having used it, I have found many more uses for it than the Company pointed out to me.

In closing I want to say that I sincerely wish that every housewife had a good set of Club Aluminum, and it must be Club Aluminum for the Club is the best aluminum made.

Wishing the Company of Club Aluminum continued success.

MRS. CHRIS N. HALE,
Chicago, Ill.

She Never Stirs Preserves

I am very much pleased with my Club Equipment. I would not part with it for anything. I have used my entire equipment and am much pleased with the results of baking pies without the use of a hot oven. I used the L10 preserving kettle for preserves and thought I would compare a thin kettle by filling them both. It kept me busy stirring the food in the thin one while I did not have to touch the food in the Club L10 preserving Kettle.

Very Truly Yours,
MRS. GEO. R. HEPLER
Tiffin, Ohio

Cures Child of Rickets

I have had my equipment for over a year. If I could not replace it I would not sell it for twice what I paid for it.

I would like to mention I have a little boy who when a year and a half old had a bad case of rickets. We have cured him.

MRS. CATHARINE MAHREN,
Seattle

For Sunday Cooking

I have never enjoyed anything quite as much as I have my "Club Equipment" in my kitchen.

Especially on Sunday, I go to Sunday School about 9:10 and get home about 12 or later and find a very delicious roast and potatoes ready to go on the table; it is a wonderful sensation. And everything is equally as fine.

JESSIE D. STRACK,
Sandusky, Ohio

Enjoy the Economy and Health That Others Have Also Found

Bakes on Top of Stove

Gentlemen:

We are in particular very well pleased with baking on top of the stove. Mrs. Fox has had very fine luck with pies, cakes and short cakes, also with apples in the double fry-pan.

The method of demonstration was of great assistance to us.

Very truly yours,
MR. AND MRS. CARL J. FOX,
Owosso, Michigan

Wonderful Flavor

Gentlemen:

My wife has been using several ot your utensils and we have noticed a definite saving of time and labor in her cooking. I cannot say too strongly that there is a wonderful retention of food value as well as the flavor when cooking with your aluminum utensils.

Yours truly,
JAMES W. BUCCI,
Albany, N. Y.

Pies Made in Club Aluminum Win Prizes

As a judge of cooked foods at the Wolcott County Fair, I found that the pies and cakes baked in Club Aluminum Ware and exhibited at the Fair, were much lighter, of finer texture, a more even brown and on the whole were far superior to those baked in the old fashioned way.

Sincerely yours,
M. M. JONES,
Waterbury, Conn.

Restaurant Saves Money

My saving on the gas alone amounts to an average of over nine dollars per month. This in itself represents an annual return of $108.00 on a total investment of $125.00.

In addition, there is considerable saving on account of no shrinkage in the meat. Cannot state just how much saving has been accomplished but I find that it takes about one-fourth less meat to serve the same number of portions as formerly.

I gladly recommend the use of Club Aluminum.

Respectfully yours,
PALACE RESTAURANT,
South Milwaukee, Wisc.

Four Uses for One Kettle

Dear Sirs:

I have made two cakes, one pie, a lamb stew and a boiled dinner in my 10 qt. Club Kettle and have had splendid luck with them all. The pie, especially, came in for extra praise. It was a blackberry pie, and it baked lovely and brown. Seeing that it was all eaten at a meal, must have come up to the mark.

MRS. H. H. WALCOTT,
Waterbury, Conn.

The Best Waffle Mold

I want to take this opportunity of thanking you for the courtesies extended the Amaizo Booth during the recent Food Show in Peoria. The five Club Aluminum waffle molds were in continuous service for eight consecutive hours every day from Nov. 12 to 19 inclusive. They gave perfect satisfaction in every way, and the uniform operation of the molds was very pleasing to us.

During our experience we have used heavy duty restaurant molds of many makes, but have never found any which gave such satisfactory service as the Club Aluminum Waffle Molds. Inasmuch as your molds are not constructed for heavy duty service, we consider them superior to any other make of waffle mold as far as home service is concerned.

Your molds were given as many hours of continuous service as would be given in an ordinary home in five years of intermittent service.

As a result of our experience we recommend the Club Aluminum Waffle Mold most highly to anyone desiring the best among waffle molds.

Respectfully Yours,
AMERICAN MAIZE-PRODUCTS COMPANY

N.Y. Governor's Chef Pleased

Dear Sirs:

My chef is so well pleased with the Club Aluminum outfit.

I find that one of the greatest advantages is the way the flavor is retained in the food that is cooked in your utensils.

I hope soon to have the full set in our kitchen. You are at liberty to use this letter in any way you see fit.

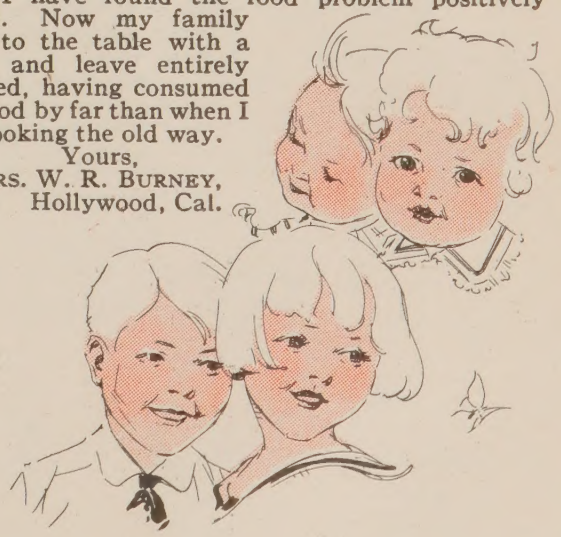
Yours very truly,
H. WHITEHEAD, Steward.
Executive Mansion,
Albany, N. Y.

Use Much Less Food

Cooking for a family of five, when some are trying to reduce their weight and some are trying to put on weight, and yet have every one satisfied on leaving the table, has been a problem for me.

Since I have been using my Club Aluminum ware I have found the food problem positively solved. Now my family come to the table with a smile and leave entirely satisfied, having consumed less food by far than when I was cooking the old way.

Yours,
MRS. W. R. BURNEY,
Hollywood, Cal.



Your Experience With "Club" Aluminum Will Be Just As Delightful

Better Meals at Lower Cost

Since I purchased an equipment of Club Aluminum, I have averaged a saving of $3.50 per week on my grocery bill and I have also cut my gas bill quite surprisingly.

I account for the saving in the grocery bill, by the saving in shrinkage in foods as well as finding the food more satisfying, causing us to use a smaller quanity.

I am satisfied that the food prepared in this manner is a great deal more healthy for both my husband and myself as well as to my four growing children.

The flavor of the foods are much better and I am glad to recommend Club Aluminum to anyone.

MRS. W. R. WILLIAMSON,
St. Joseph, Mo.

Didn't Burn Food Forgotten for 10 Hours

Dear Sir:

I had rather an unusual experience recently with one piece of my club equipment. I had put some lima beans on to cook very early one morning, and upon leaving the house to be away all day, I completely forgot them. Ten and a half hours later I returned, finding the lower half of my beans quite brown, but not at all burned and no smell whatever in the house.

In fact I took off the top half, buttered them nicely and served them for dinner. The pot cleaned easily and I was quite amazed as I had a similar experience once before with a piece of granite ware, and the pan was completely burned up and ruined.

Appreciatively,
MRS. B. H. BOULTON,
Los Angeles, Calif.

A Restaurant Approves

Our meats are specially cooked or roasted without water or lard under the Club Aluminum method, which is endorsed by leading food experts, Dietitians, Doctors, Medical Journals, Newspapers, State Medical Societies, Modern Priscilla, Christian Science Monitor, etc. The Club approved method preserves the flavors, vitamines, minerals and other nutritious elements required by the human body.

FIRST NATIONAL
SANDWICH SHOP, Inc.
Boston, Mass.

A Doctor's Recomendation

In appreciation of your efforts toward better community health, I would like to express my opinion of your utensils. They are, without doubt, the best I have ever known; being durable, sanitary, safe from all poisoning, and economical in conserving and preserving the vital elements of foods, especially of vegetables.

If the people in general only knew of the masses of undernourished children as I find them in my school examinations and also knew that this condition was largely due, not to lack of food, but to improperly selected and prepared foods, they, too, would more fully appreciate your efforts and your most excellent utensils.

I write this after daily experience in home use of these utensils and feel that I could not afford in any way to be without them.

Sincerely yours,
RACHEL CARLETON SPARKS, M. D.
Kansas City, Mo.

Bakes in a Fry Pan

I am delighted with my Club Aluminum and thought that you would be interested to know what a great pleasure it is to me.

I have made delicious loaf and fruit cakes in the casserole; short cake in the fry pan and I don't see how I ever cooked without my Club Aluminum equipment before.

Sincerely,
MRS. W. S. HIVELY,
Meriden, Conn.

Never Tasted Better Food

Dear Sirs:

Your ware is marvelous. I never tasted better coffee, meat, vegetables or cake. Wishing you continued success in marketing it, I am,

Yours very truly,
COLGATE & COMPANY,
New York City,
LOUISE HUSTON,
Household Service Bureau.

An "All-Round" Endorsement

Am very much satisfied with the results of my Club Aluminum. The food tastes better, the meat does not shrink—it requires less time to cook and there is certainly a big difference in the amount of gas used.

Will heartily recommend Club Aluminum to every housewife.

Sincerely,
MRS. HUGO FLEUTER,
Watertown, Wisc.

Reproduction of Full Page Advertisement in Liberty Magazine

FOR YOUR HEALTH'S SAKE USE CLUB ALUMINUM

"Club" Aluminum

These four beautiful designs in heavy aluminum with close fitting covers were created by The Club Aluminum Company —the originators of process-hardened aluminum, and of the new way to cook without water. At top—the Club Casserole, next—the Serviceable Triplicate, at left below—the French Roaster, and at right—the Club Coffee Urn.

The New Way to Cook... *Without Water!*

Are You Starving Your Child on Three Square Meals a Day?

If your child isn't radiantly healthy, if he isn't growing rapidly, if his little body is thin and he tires easily perhaps you are almost starving him on three square meals a day!

Vegetables absorb from the ground precious minerals. But when you cook your vegetables in water, then drain the "pot liquor" down the sink, you rob both children and adults of minerals and vitamins essential to their physical and mental well being.

"Club" Aluminum cooks vegetables, fruits, and meats in their own juices. All the precious vitamins and minerals are saved. You will marvel at the change in your child when you prepare his food the "Club" way. And you never tasted such "tasty" dishes!

AT last an amazing new way to *cook without water* has been originated—a method which preserves the vital health giving vitamins and mineral elements, prevents shrinkage of meats, and retains the full, rich, natural flavor of foods!

The Club Aluminum Company originated this marvelous new kind of aluminum ware which cooks vegetables, fruits, and meats *without water!* You never in your life saw such good cooking equipment. Made of thick, heavy, process-hardened aluminum, molded in one piece, without unsanitary rolled edges, joints or rivets—in striking original designs of surpassing beauty. So successful and popular has this new way to cook become that already more than One Million homes are using "Club" Aluminum.

***Why* the Wife of Chicago's Health Commissioner Uses "Club" Aluminum**

"In bringing up our six vigorous children we have kept pace with all the latest scientific discoveries. Hence, I was quick to use 'Club' Aluminum which I know makes the food I place before my family rich in vitamins and mineral salts."
—Mrs. Herman N. Bundesen

Leading food experts agree that the old method of cooking food in water robs it of invaluable vitamins and minerals—the elements that build rich blood, bone, muscle and brain—thus depriving us of what nature intended we should have. But now with this wonderful new kind of aluminum ware you *cook without water*—on top of the stove, in less time, with less effort, in a clean, odorless kitchen!

At your invitation in your own home you are shown how by our expert, courteous Lecture-Demonstrator. Because of the amazing success of the "Club" idea we are able to select the very finest men for this important work—men of high character, culture and ambition. Write for extremely interesting information about this revolutionary new way to cook.

The CLUB ALUMINUM COMPANY

Club Aluminum Building Fullerton at Surrey Court · Chicago, Illinois

Branches in All Principal Cities

A Few Openings Are Available for Ambitious Young Men of Character, Ability and Good References

BRANCH OFFICES

Albany	Chicago	Grand Rapids	Milwaukee	Philadelphia	San Francisco
Atlanta	Cincinnati	Hartford	Minneapolis	Pittsburgh	Seattle
Baltimore	Cleveland	Houston	Newark	Portland	Syracuse
Boston	Dallas	Jacksonville	New Orleans	Providence	South Bend
Bridgeport	Davenport	Kansas City	New York	Rochester	Tulsa
Brooklyn	Denver	Long Island	Norfolk	St. Louis	Wilkes-Barre
Buffalo	Detroit	Los Angeles	Omaha		

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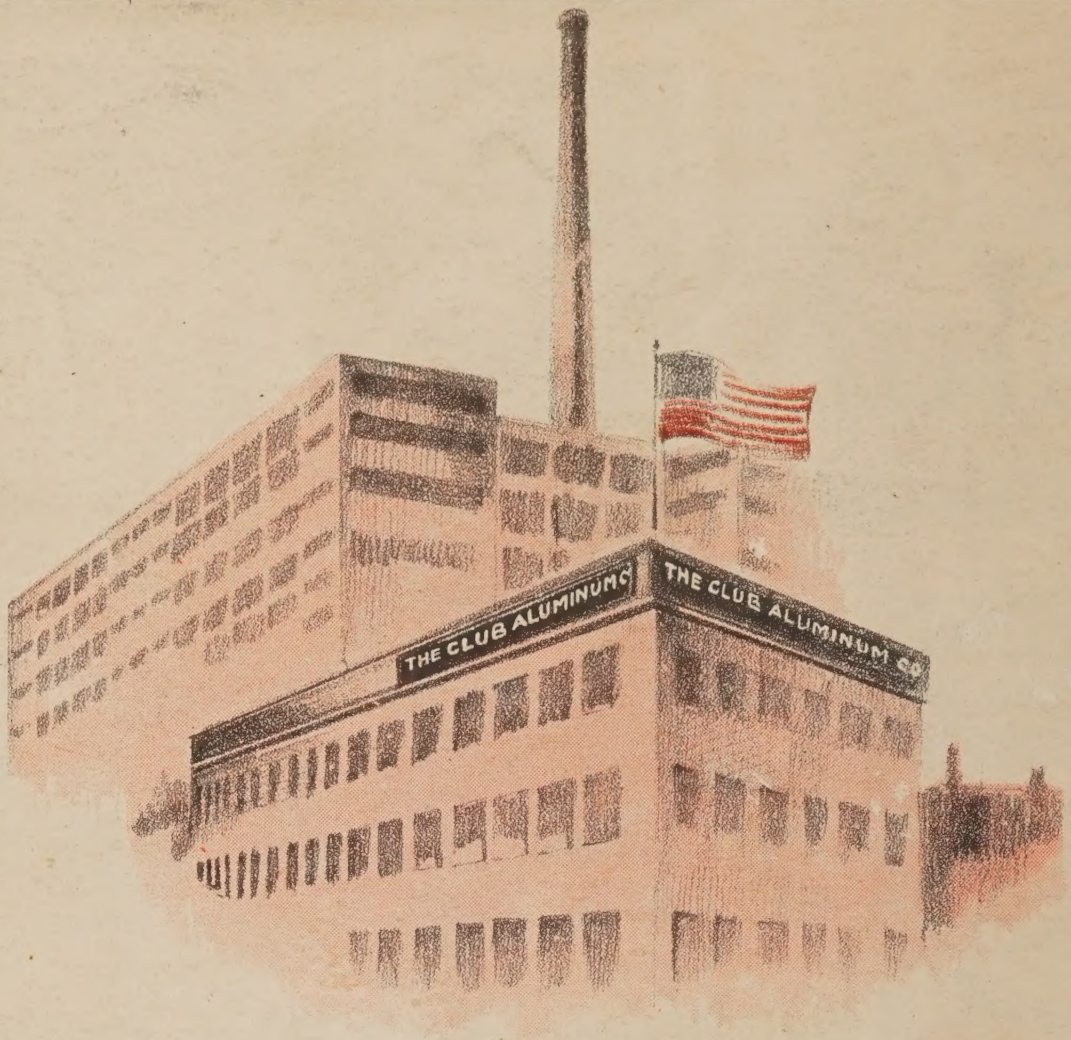

The Club Aluminum Company

General Offices: Chicago, Illinois

Over a Million Customers
Acres of Manufacturing Space
Millions in Capital and Equipment

BRANCHES IN ALL PRINCIPAL CITIES

References: Any Bank in America

WALTON & SPENCER CO. CHICAGO, ILL.